



## Cooking Demonstrations



Looking for ideas on how to use seasonal fruits and vegetables? The following cooking de

instruction, tips, recipes, and ideas on plants you can grow so you have the freshest ingredients at your fingertips. Enjoy!

## Cooking Demonstration Videos

Find all of the Garden's Online Cooking Demo videos in these two playlists. Explore and find new recipes to cook and new plants to grow!



## Cooking with the Cook Sisters:

**Presenters:** Danielle Cook, MS, Nutritionist, and Cooking Instructor; and Adrienne Cook, Gardening and Cooking Writer

Watch the latest Cooking with the Cook Sisters video [here](#), and click the playlist in the video's upper right corner to see all videos in this playlist. You can also see all the videos in this playlist [here](#).

## Cooking with Soul

**Presenter:** Tambra Raye Stevenson, Founder and Culinary Nutritionist, NativSol Kitchen

Watch the latest Cooking with Soul video [here](#), and click the playlist in the video's upper right corner to see all videos in this playlist. You can also see the playlist [here](#).

## Recipes

Find and download the recipes featured in the Cooking Demos:

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## Older Video Archive (new videos are posted via the playlist above):

### June 4: Raw Beet Salad with Oranges

Broccoli, spinach, kale, and mesclun are all coming on right now. Join Danielle for this online cooking demonstration as she shares a Raw Beet Salad with Oranges. This nutrient-dense recipe uses Adrienne's home-grown spring salad mix along with colorful beets. During the demo, Adrienne will share some tips on how to use cool-weather salad greens going as days warm up.

#### Video:

**Recipe:** [Raw Beet Salad with Oranges \[PDF\]](#)

#### Ingredients:

- 1/2 lb. raw beets, a mix of colors if possible (about 4 small or 3 medium), peeled
  - 1 orange, peeled and segmented ("supremes")
  - 6 C spring greens, washed and spun dry
  - 1/4 C fresh chives, finely cut, or other fresh herbs of your choice (tarragon, basil)
  - Optional - crumbled feta cheese or soft goat cheese, for garnish
- Dressing:
- 1 T white wine or champagne vinegar
  - 1 T fresh lemon juice
  - 1 t Dijon mustard
  - 3 T extra virgin olive oil
  - 1/2 t sea salt
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## May 28: Pantry Cooking - Homestyle Chunky Tomato Sauce

The ever-versatile can of tomatoes, along with other pantry staples, comes to the rescue in this week! Join Danielle for this online cooking demonstration to prepare a satisfying Homestyle Chunky Tomato Sauce. Then join Adrienne to learn about planting and growing different varieties of basil, a culinary favorite. Recipes and more information are available in the video below.

**Video:**

**Recipe:** [Homestyle Chunky Tomato Sauce \[PDF\]](#)

**Ingredients:**

- 1 tablespoon extra-virgin olive oil
  - 1/2 large sweet onion or 1 small yellow onion, diced (about 1 cup)
  - 2 large garlic cloves, minced
  - 3 large tomatoes, seeded and diced (about 3 cups diced, OR substitute 1-28oz. can fire-roasted tomatoes)
  - 1/4 cup fresh basil leaves, minced OR 1 tablespoon dried
  - 1/4 cup fresh oregano, minced OR 1 tablespoon dried
  - 1/4 cup oil-packed sun-dried tomatoes (about 6) - optional
  - 1/2 teaspoon sea salt, to taste
  - Freshly ground black pepper, to taste
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## May 21: Butter Lettuce with Sugar Snap Peas

This time of year sweet butter lettuce makes its debut in gardens, farms, and markets. Join Danielle online as she celebrates this delicious green, putting it to use in a salad that includes other springtime favorites such as sweet peas and radishes. Then join Adrienne at the end of the demo for a quick tutorial on planting salad greens for late spring and summer.

**Video:**

**Recipe:** [Butter Lettuce with Sugar Snap Peas \[PDF\]](#)

**Ingredients:**

- 1 head butter lettuce, washed and dried, leaves torn into bite-size pieces
  - 8oz fresh English peas, or 1 C frozen peas, thawed
  - 8oz sugar snap peas, strings removed
  - 6 medium radishes, thinly sliced
  - 3 scallions, white and light green parts, thinly sliced
  - For garnish - 2 T coarsely chopped dill, tarragon, basil, chives and/or parsley
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## May 14: Fire-Roasted Tomato Soup and Roasted Red Pepper and Pine Nut Salad

Chilly nights can sneak up on us this time of year, so this week join Danielle for an online demonstration of a quick, easy, and warming Fire Roasted Tomato Soup made from your pantry. During the demonstration, Danielle will also share perfect salad to accompany this soup: Roasted Red Pepper and Pine Nut Salad. At the end of the demonstration, Adrienne Cook will take you into her garden for planting tips on salad greens.

**Video:**

**Recipe:** [Fire-Roasted Tomato Soup and Roasted Red Pepper and Pine Nut Salad \[PDF\]](#)

**Ingredients:**

- 1 C sweet onion, chopped (about one medium)
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 3 T butter
- 3 (14oz) cans fire roasted tomatoes - OR 2 1/2 lbs. ripe tomatoes (about three very large) core removed and diced large
- 1 t agave nectar or maple syrup
- 1 t sea salt
- 1 1/2 C chicken broth, preferably homemade
- 1/2 C dry white wine

1/2 C heavy cream  
1/2 C fresh basil leaves, chopped - optional

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## May 7: Rosemary Lavender Lemon Shortbread

Cooking with herbs adds flavor to almost anything, from soups to salad and even a decadent buttery shortbread. Join Danielle for this online demonstration of an aromatic, indulgent shortbread recipe featuring rosemary, lavender, and lemon. Then join Adrienne for a short tutorial on growing herbs in pots.

**Video:**

**Recipe:** [Rosemary Lavender Lemon Shortbread \[PDF\]](#)

**Ingredients:**

1/2 C granulated sugar (preferably evaporated cane sugar, natural)  
1 T rosemary leaves  
1/2 t lavender buds  
2 C all-purpose flour  
1 C (2 sticks) cold unsalted butter, cut into 1-inch pieces  
1 t lemon zest  
1 t honey (preferably dark, full flavored) - optional  
Raw (Turbinado) sugar, for sprinkling

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## April 30: Confetti Grain and Bean Salad

What you have in your pantry is key to easy meal preparation at any time, but never so much as now. Join Danielle for this online demonstration as she gets your pantry ready for any recipe. She'll also show you how to make Confetti Grain and Bean Salad, a colorful, simple side using what you have on hand. In this demonstration, Adrienne Cook will demonstrate quick steps for getting a garden ready to plant.

**Video:**

**Recipe:** [Confetti Grain and Bean Salad recipe \[PDF\]](#)

**Ingredients:**

2 C cooked grain of your choice - quinoa, bulgur, barley, couscous, farro, wheatberry, rice  
1 (14.5oz) can bean of your choice, drained  
OR 1 1/2 C cooked beans from dry - white beans, garbanzo, kidney, azuki, black beans  
2 T olive oil  
1 clove garlic, minced  
1 T minced fresh ginger - or 1/4 t dried ginger  
1 small carrot, diced (about 1/2 cup)  
1 celery stalk, diced (about 1/2 cup)  
1 C sweet bell pepper (red, yellow, orange), diced - can substitute jar roasted red peppers  
1/2 C peas, frozen  
1/4 C red onion, minced or 3 scallions, sliced thin  
Juice and zest of 1 lemon  
1/4 C toasted nuts - almonds, pistachios, pumpkin seeds  
Sea salt and pepper to taste

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## April 23: Soupe au Pistou

Spring and summer vegetables make their way into this comforting soup, and ingredient options abound. Join Danielle Cook online as she demonstrates how to make French soup with a variety of substitutions straight from your pantry.

**Video:**

**Recipe:** [Soupe au Pistou recipe \[PDF\]](#)

**Ingredients:**

1 small onion, chopped  
3 tablespoons olive oil  
Vegetables - pick and choose based upon your availability:  
2 leeks, white and pale-green parts only, halved lengthwise, thinly sliced

crosswise, washed well, and drained

2 small celery stalks, cut into 1/2-inch pieces

1 medium carrot, cut into small dice

1 small zucchini, cut into 1/2-inch pieces

1 small yellow squash, cut into 1/2-inch pieces

2 small tomatoes, chopped or 1/2 can (15oz) diced tomatoes

3 small red bliss potatoes, cut into 1/2-inch pieces

1 C fresh or frozen green beans, cut into 1/2 inch piece

1 C fresh or frozen peas

1 can (15oz.) small white beans, such as navy, rinsed and drained

5-6 C vegetable or chicken broth

1 Parmesan rind, about 1 by 3 inches (-optional)

1/4 cup small pasta, such as elbow, small shells, ditalini or stars (-optional)

Sea salt and pepper to taste

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## April 16: It's Thyme for Marinating Mushrooms

Spring and fall bring out mushrooms, and variety abounds. Join Danielle online as she talks about tasty fungi and demonstrates how to make marinated be sharing tips on growing, selecting, and storing mushrooms for maximum benefit.

**Video:**

**Recipe:** [Thyme for Marinating Mushrooms recipe \[PDF\]](#)

**Ingredients:**

4 oz. white button or cremini mushrooms, brushed clean and sliced thin

Juice of 1 lemon (2-3 T)

1/4 C extra virgin olive oil

1 T fresh thyme leaves, chopped (or 1 t dried)

1 clove garlic, minced

1/2 t sea salt - more to taste

Fresh chopped parsley, for garnish

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## April 9: Orzo with Asparagus

Join Danielle Cook for an online cooking demonstration featuring another family favorite springtime recipe, Orzo with Asparagus, Feta, Spinach, and Lemon. This dish is full of great nutrition and popping with flavor. You won't want to miss learning about the excellent ingredients in this versatile 'sure-to-please' side staple in your culinary repertoire.

**Video:**

**Recipe:** [Orzo with Asparagus recipe \[PDF\]](#)

**Ingredients:**

1/2 lb. orzo, cooked

1 lb. asparagus

1 (6-ounce) bag fresh baby spinach

2 T extra virgin olive oil

1/2 cup red onion, finely chopped

1 clove garlic, minced

1 tablespoon fresh lemon juice

Zest of 1 small lemon

1/2 cup toasted nuts - chopped pistachios, pine nuts, slivered almonds or pumpkin seeds

1 cup feta, crumbled

Pinch of nutmeg

Pinch of cinnamon

Salt to taste

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## April 2: Asparagus Spinach Pesto

Join Danielle Cook for an online cooking demonstration featuring one of springtime's favorite vegetables, asparagus. Versatile and tasty, this member of vitamin K, vitamin A, folic acid, and B vitamins. Asparagus is high in anti-inflammatory properties as well as fiber. Join the Garden online and learn about Asparagus Spinach Pesto recipe, a family favorite.

**Video:**

**Recipe:** Asparagus Spinach Pesto recipe [PDF]

**Ingredients:**

- 1 bunch asparagus spears (about 1 lb), trimmed of tough ends and halved crosswise
- 3 handfuls baby spinach leaves
- 2 cloves garlic, peeled
- 1 C grated Parmesan cheese, plus more for topping
- 1 C pine nuts
- 1/4 cup extra-virgin olive oil, plus more for topping
- Juice of 1/2 lemon
- 1/2 t fine-grain sea salt
- Pinch red pepper or to taste
- 8 ounces of dried pasta or 12 ounces fresh pasta - linguini, fettuccini

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